

## NJDOE MODEL CURRICULUM

<b>CONTENT AREA: Physical Education</b>	<b>GRADE: 3-5</b>	<b>UNIT #: II</b>	<b>UNIT NAME: Wellness</b>
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#	STUDENT LEARNING OBJECTIVES	CORRESPONDING NJCCCS
<b>1</b>	Identify each health-related and skill-related fitness component of fitness. 3	(2.6.4.A.2)
<b>2</b>	Describe specific strategies that will maintain or improve each health-related and skill-related fitness component. 4	(2.6.4.A.2 )
<b>3</b>	Explain and demonstrate specific exercises, activities, and strategies that will maintain or improve health and skill related fitness components. 5	( 2.6.6.A.2)
<b>4</b>	Determine the short and long term physical, social, emotional and intellectual benefits of participating in regular physical activity. 3	(2.6.4.A.1)
<b>5</b>	Develop health-related fitness goals based on the assessment of one's personal fitness-level and track progress using health/fitness indicators. 4	(2.6.4.A.3 , 2.2.4.B.4)
<b>6</b>	Develop a personal fitness plan based on the assessment of one's personal fitness levels and goals. 5	(2.6.6.A.3)
<b>7</b>	Identify and monitor health/fitness indicators through the development and implementation of a personal fitness plan. 5	(2.6.6.A.3)
<b>8</b>	Identify which factors (personal, hereditary, environmental) might play a role in determining one's personal fitness level. 3	(2.6.4.A.4)
<b>9</b>	Identify factors (health status, interests, environmental) that impact personal fitness and explain their potential positive and negative effects. 4	(2.6.4.A.4, 2.1.4.B.1, 2.2.4.B.3 , 2.1.4.A.2 , 2.1.4.B.1)
<b>10</b>	Use knowledge of the health factors to explain how decision making affects physical activity, and nutrition in relation to attaining personal health and fitness goals. 5	(2.6.6.A.5, 2.2.6.B.1)

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Code #	NJCCCS
2.6 Fitness	
A. Fitness and Physical Activity	<p>4 Each component of fitness contributes to personal health as well as motor skill performance.</p> <p>2.6.4.A.1 Determine the physical, social, emotional, and intellectual benefits of regular physical activity.</p> <p>2.6.4.A.2 Participate in moderate to vigorous age-appropriate activities that address each component of health-related and skill-related fitness.</p> <p>2.6.4.A.3 Develop a health-related fitness goal and track progress using health/fitness indicators.</p> <p>2.6.4.A.4 Determine the extent to which different factors influence personal fitness, such as heredity, training, diet, and technology.</p>
	<p>6 Knowing and applying a variety of effective fitness principles over time enhances personal fitness level, performance, and health status.</p> <p>2.6.6.A.1 Analyze the social, emotional, and health benefits of selected physical experiences.</p> <p>2.6.6.A.2 Determine to what extent various activities improve skill-related fitness versus health-related fitness.</p> <p>2.6.6.A.3 Develop and implement a fitness plan based on the assessment of one's personal fitness level, and monitor health/fitness indicators before, during, and after the program.</p> <p>2.6.6.A.4 Predict how factors such as health status, interests, environmental conditions, and available time may impact personal fitness.</p> <p>2.6.6.A.5 Relate physical activity, healthy eating, and body composition to personal fitness and health.</p>
2.1-Wellness	
A. Personal Growth and	<p>4 The dimensions of wellness are interrelated and impact overall personal well-being.</p>

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Development	2.1.4.A.2 Determine the relationship of personal health practices and behaviors on an individual's body systems.
B. Nutrition	4 Choosing a balanced variety of nutritious foods contributes to wellness.
	2.1.4.B.1 Explain how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems functioning effectively.
2.2- Integrated Skills	
B. Decision- Making and Goal Setting	4 Many health-related situations require the application of a thoughtful decision-making process.
	2.2.4.B.3 Determine how family, peers, technology, culture, and the media influence thoughts, feelings, health decisions, and behaviors.
	2.2.4.B.4 Develop a personal health goal and track progress.
	6 Every health-related decision has short- and long-term consequences and affects the ability to reach health goals.
	2.2.6.B.1 Use effective decision-making strategies.